

Water Works Challenge

January 18th – February 12th

Goal: 18 Activity Points

Use this form for convenient daily tracking.

Remember to record all of your points
 online by February 19th.

Body weight divided by 2 = ounces of beverage = 1 point

Drink half your body weight in water daily

How to track points:

- Track your beverages online at www.kansashealthquest.com each day or weekly.
- You can use the paper tracking form for convenience.
- Be sure to record all activity points online by February 19th and your 5 HealthQuest Credits will be automatically recorded.



Mon	Tue	Wed	Thurs	Fri	Sat	Sun
18 _____	19 _____	20 _____	21 _____	22 _____	23 _____	24 _____
25 _____	26 _____	27 _____	28 _____	29 _____	30 _____	31 _____
1 _____	2 _____	3 _____	4 _____	5 _____	6 _____	7 _____
8 _____	9 _____	10 _____	11 _____	12 _____		

_____ Total Daily Points

www.KansasHealthQuest.com